## **CLAIMS**

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1. A fuel cell bipolar plate comprising, in combination:

a first plate having a first surface, an opposing second surface, and a plurality of ribs defining anode flow channels on the first surface of the first plate;

a second plate having a first surface, an opposing second surface, and a plurality of ribs defining cathode flow channels on the second surface of the first plate, the second plate nested with the first plate so as to define a plurality of center flow channels extending between the first and second plates;

a first edge area at one end of the first and second plates and a second edge area at an opposed end of the first and second plates;

a plurality of first internal fuel manifolds formed in the first edge area and in fluid communication with the center flow channels;

a plurality of second internal fuel manifolds formed in the first edge area and in fluid communication with the anode flow channels, and;

a turnaround plenum formed in the second edge area, the turnaround plenum in fluid communication with the center flow channels and the anode flow channels.

- 2. The bipolar plate of claim 1, further comprising a catalyst on the first surface of the second plate within the center flow channels.
- 3. The bipolar plate of claim 1, further comprising an aperture formed in the second seal area and fluidly connecting the turnaround plenum with the anode flow channels.
- 4. The bipolar plate of claim 1, wherein a portion of the second end area is folded over onto itself, and a spacer is positioned within the folded over portion.

- 5. The bipolar plate of claim 1, wherein the bipolar plate is comprised of a plurality of segments, each segment having a first internal fuel manifold and a second internal fuel manifold.
- 5 6. The bipolar plate of claim 5, wherein centers of the first and second internal fuel manifolds of each segment are on a line that extends substantially parallel to a flow path of the bipolar plate.
- 7. The bipolar plate of claim 1, further comprising a plurality of flat wires positioned on the first surface of the first sheet.
  - 8. The bipolar plate of claim 7, further comprising an electrode positioned on the flat wires.
- 15 9. A fuel cell bipolar plate comprising, in combination:

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- a plate formed of a first plate and a second plate and comprising plurality of segments, the first plate having a first surface, an opposing second surface, and a plurality of ribs defining anode flow channels on the first surface of the first plate, the second plate having a first surface, an opposing second surface, and a plurality of ribs defining cathode flow channels on the second surface of the first plate, the second plate nested with the first plate so as to define a plurality of center flow channels extending between the first and second plates;
- a first edge area at one end of the first and second plates and a second edge area at an opposed end of the first and second plates;
- a first internal fuel manifold formed in the first edge area of each segment and in fluid communication with the center flow channels;
  - a second internal fuel manifold formed in the first edge area of each segment and in fluid communication with the anode flow channels, and;
  - a turnaround plenum formed in the second edge area, the turnaround plenum in fluid communication with the center flow channels and the anode flow channels.

- 10. The bipolar plate of claim 9, further comprising a catalyst on the first surface of the second plate within the center flow channels.
- 11. The bipolar plate of claim 9, further comprising an aperture formed in the second seal area and fluidly connecting the turnaround plenum with the anode flow channels.
  - 12. The bipolar plate of claim 9, wherein a portion of the second end area is folded over onto itself, and a spacer is positioned within the folded over portion.
- 13. The bipolar plate of claim 9, wherein centers of the first and second internal fuel manifolds of each segment are on a line that extends substantially parallel to a flow path of the bipolar plate.
- 14. The bipolar plate of claim 9, further comprising a plurality of flat wires positioned on the first surface of the first sheet.
  - 15. The bipolar plate of claim 14, further comprising an electrode positioned on the flat wires.